

Schedule for Target MDC Community Fitness Series

Official as of 8.15.18

Date	West Perrine Park	Goulds Park	Marva Bannerman Park	Arcola Lakes Park	Gwen Cherry Park	Ruben Dario Park
5/5/2018	Operation Triple T - Bootcamp Fitness	Flipany - Nutrition Education	Katharina Warzel - Yoga	Flipany - Zumba	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness
5/19/2018	Flipany - Nutrition Education	Operation Triple T - Bootcamp Fitness	Operation Triple T - Bootcamp Fitness	Katharina Warzel - Yoga	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi
6/2/2018	Operation Triple T - Bootcamp Fitness	Flipany - Yoga	Body and Brain - Yoga	Flipany - Nutrition Education	Katharina Warzel - Yoga	Venus Fitness - Bootcamp Fitness
6/16/2018	Operation Triple T - Bootcamp Fitness	Flipany - Zumba	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness	Body and Brain - Yoga
6/30/2018	Operation Triple T - Bootcamp Fitness	Flipany - Nutrition Education	Katharina Warzel - Yoga	Flipany - Zumba	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness
7/14/2018	Flipany - Nutrition Education	Operation Triple T - Bootcamp Fitness	Operation Triple T - Bootcamp Fitness	Katharina Warzel - Yoga	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi
7/28/2018	Operation Triple T - Bootcamp Fitness	Flipany - Yoga	Body and Brain - Yoga	Flipany - Nutrition Education	Katharina Warzel - Yoga	Venus Fitness - Bootcamp Fitness
8/11/2018	Operation Triple T - Bootcamp Fitness	Flipany - Zumba	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness	Body and Brain - Yoga
8/25/2018	Operation Triple T - Bootcamp Fitness	Flipany - Nutrition Education	Katharina Warzel - Yoga	Flipany - Zumba	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness
9/8/2018	Flipany - Nutrition Education	Operation Triple T - Bootcamp Fitness	Operation Triple T - Bootcamp Fitness	Katharina Warzel - Yoga	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi
9/22/2018	Operation Triple T - Bootcamp Fitness	Flipany - Yoga	Body and Brain - Yoga	Flipany - Nutrition Education	Katharina Warzel - Yoga	Venus Fitness - Bootcamp Fitness
10/6/2018	Operation Triple T - Bootcamp Fitness	[REDACTED]	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness	Body and Brain - Yoga
10/20/2018	Operation Triple T - Bootcamp Fitness	Flipany - Nutrition Education	Katharina Warzel - Yoga	Flipany - Zumba	Body and Brain - Tai Chi	Operation Triple T - Bootcamp Fitness
11/3/2018	Flipany - Nutrition Education	Operation Triple T - Bootcamp Fitness	Operation Triple T - Bootcamp Fitness	Katharina Warzel - Yoga	Operation Triple T - Bootcamp Fitness	Body and Brain - Tai Chi
11/17/2018	Operation Triple T - Bootcamp Fitness	Flipany - Yoga	Body and Brain - Yoga	Flipany - Nutrition Education	Katharina Warzel - Yoga	Venus Fitness - Bootcamp Fitness
11/22/2018	Turkey Trot					